



# Improve Your Health By Walking Your Dog

**Do you know that taking Fluffy for a walk can improve your health?**

Research has shown that walking your dog can help you improve your health.

A 2001 study in Australia found that people who walked their dogs for at least an hour a week were most likely to get the recommended level of health-improving physical activity.

Improve your health by walking your dog daily!



**A total of 150 minutes of moderate aerobic activity (i.e. brisk walking) per week is recommended by the Centers for Disease Control and Prevention**

**Walking 10 Minutes At A Time Is Fine:**

Even a 10-minute brisk walk ,  
3 times a day, 5 days a week  
can improve your health

## Top Reasons To Take Regular Walks With Your Dog:

### Reasons For You:

- Helps you get the recommended level of physical activity (150 minutes a week).
- Improves your cardiovascular health.
- Helps you relax and feel better.
- Gives you an opportunity to meet new people.
- Helps your neighbors recognize your dog if it ever gets lost.
- Allows you to bond with your dog.

### Reasons For Your Dog:

- Improves your dog's cardiovascular health.
- Prevents obesity in your dog and helps overweight dogs lose weight.
- Helps your dog relax & bark less.
- Improves your dog's overall behavior.
- Helps your dog find its way home if it ever gets lost.



## TIPS AND RESOURCES



### Walking tips for you:

- Wear comfortable shoes
- Stretch before and after to prevent injury
- Be visible to make sure drivers see you
- Look both ways when you cross the street
- Wear a hat and use sunscreen
- Drink plenty of water
- Make your walks a routine



### **Dog Parks In Los Angeles:**

<b>Barrington Dog Park</b>	333 S Barrington Avenue, Los Angeles, CA 90049
<b>Griffith Park Dog Park</b>	Located at north end of the John Ferraro Soccer Field on North Zoo Drive Los Angeles, CA 90027
<b>Hermon Canyon in the Arroyo Seco Dog Park</b>	5566 Via Marisol, Los Angeles, CA 90042
<b>Laurel Canyon Dog Park</b>	8260 Mulholland Drive, Studio City, CA 90046
<b>Runyon Canyon Dog Park</b>	2000 North Fuller, Los Angeles, CA 90046
<b>Sepulveda Basin Off-Lease Dog Park</b>	17550 Victory Boulevard, Encino, CA 91406
<b>Silverlake Dog Park</b>	1850 W Silver Lake Drive, Los Angeles, CA 90026
<b>Westminister Dog Park</b>	1234 Pacific Avenue, Venice, CA 90291
<b>Whitnall Off-Leash Dog Park</b>	5801 1/2 Whitnall Hwy., North Hollywood, CA 91601

### Walking tips for your dog:

- Supervise your dog around young children
- Use a leash at all times
- Bring poop bags to pick up after your dog
- Make sure your dog drinks plenty of water
- Don't walk your dog in extreme weather
- Watch for unusual signs of fatigue or trouble breathing

### Prevent A Dog Attack

- **Avoid other dogs.** Cross the street if you see a dog you do not want to encounter.
- **Make some noise.** Yell "No!" or "Go Home!" in a deep loud voice.



- **Carry an object.** Consider carrying a stick or other object that you can use to scare away a threatening dog.

**Try either long walks or short frequent walks.**

**Aim to get 150 minutes of walking per week !**